

One World One Love - Asheville

LR Productions @ Harrahs Cherokee Center

January 16, 2026 - January 18, 2026

Session 1. NGA 3N

Friday, Jan 16, 2026

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:20 AM

Session 2. NGA 4N, GN

86 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:40 AM

March In: 11:00 AM

Awards: 1:55 PM

Session 3. NGA 5N, 6N, PN

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:15 PM

March In: 2:35 PM

Awards: 5:20 PM

Session 4. NGA 7N, 8N, DN, 9N, 10N

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:40 PM

March In: 6:00 PM

Awards: 9:00 PM

Session 5. NGA 1N, 2N, SN

Saturday, Jan 17, 2026

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 10:55 AM

Session 6. AAU Copper, Bronze, Silver, Diamond

79 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:25 PM

Session 7. AAU Gold, Platinum

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:45 PM

March In: 3:05 PM

Awards: 6:00 PM

Session 8. Level 8, 9, 10, Platinum, Diamond

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:15 PM

March In: 6:35 PM

Awards: 9:50 PM

Session 9. Level 2, 3, Bronze, Silver,

Sunday, Jan 18, 2026

93 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:20 AM

Session 10. Level 4, Gold

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:40 AM

March In: 12:00 PM

Awards: 2:40 PM

Session 11. Level 6, 7

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:00 PM

March In: 3:20 PM

Awards: 6:45 PM